



Chicken-Apple Crunch Salad

From Cooking Light

Inspired by the classic Waldorf salad, this version features chunks of white-meat chicken and sweet-tangy Granny Smith apples. The mayonnaise and sour cream dressing is spiked with lemon juice and cinnamon.

2 cups cubed cooked chicken breast
1 cup diced Granny Smith apple
1/2 cup diced celery
1/4 cup raisins
2 tablespoons chopped green onions
1/3 cup low-fat mayonnaise
1 tablespoon reduced-fat sour cream
1 teaspoon fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground cinnamon

Combine first 5 ingredients in a large bowl. Combine mayonnaise and remaining ingredients, stirring well with a whisk. Add mayonnaise mixture to chicken mixture, tossing well to coat.

Yield: 4 servings (serving size: 1 cup)

CALORIES 207 (19% from fat); FAT 4.4g (sat 1.2g, mono 1.2g, poly 1.4g);
PROTEIN 22.4g; CHOLESTEROL 61mg; CALCIUM 32mg; SODIUM 402mg;
FIBER 1.1g; IRON 1.2mg; CARBOHYDRATE 18.4g

Cooking Light, DECEMBER 2002

